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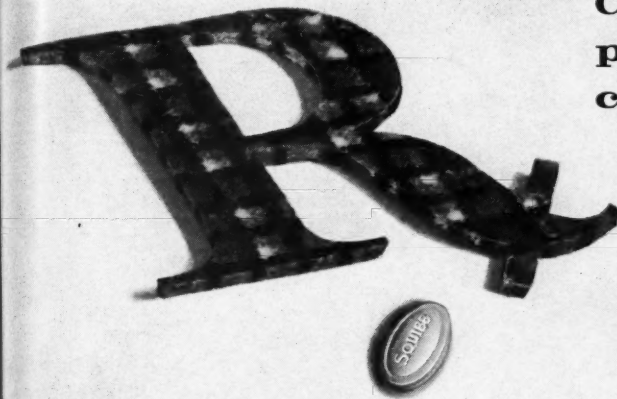
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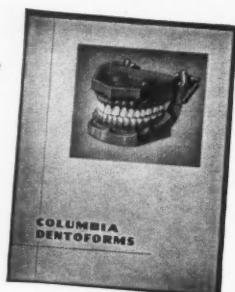
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# Contra- Angles



## "The Walking Zombie Syndrome"

ARTICLES in scientific publications are usually ponderous. Not so the one in the *Journal of the American Institute of Hypnosis* that describes the people who are walking about in some kind of state resembling death.

If you run into somebody who has one of these complaints he may be suffering from the "walking zombie syndrome:"

1. I feel dull and listless all the time
2. I am completely emotionless
3. Nothing means anything to me anymore
4. I really have no vitality
5. I just don't take any interest in things anymore
6. I feel like I have lost my personality
7. I am just existing. I don't get any thrill out of anything
8. Life has been a problem; I'm very depressed."

All of us have moments when one of all of these feelings may overtake us. The person who has no periods of feeling inadequate, without purpose, listless is exceptionally blessed. With most of us these periods of depression are associated with ill health or frustration. If we have a fairly sound psyche these episodes are self-limiting and short lived. If they persist too long we had better look for some kind of help.

The "walking zombie syndrome" described by William J. Bryan, M.D. "does not have to do with the fear of death but rather is a condition in which the patient has accepted the fact in his subconscious mind that he is dead already.

"This syndrome is identified and characterized by case histories which  
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